

# Guardian

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Produced for Personnel of KFOR Multi-National Brigade (East)

December 29th, 2004

## *Operation:* **Toulouse Noose**

A soldier in camouflage gear is operating a machine gun mounted on a tripod in a field. The soldier is wearing a camouflage cap and a brown hood. The machine gun is black and has a long barrel. The background is a field with some trees and a fence.

***TF Lancer and French  
soldiers tighten border***



# WATCH YOUR STEP!



This message brought to you by Task Force Falcon Command Information

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December 29th, 2004

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PHOTO BY STAFF SGT. TOMAS ROFKAHR



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### On the Cover:

Spc. Robert Moffitt, Troop C, 2-107th Cavalry, performs security for his squad during Operation: Toulouse Noose.

COVER PHOTO BY STAFF SGT. TOMAS ROFKAHR



## History of 'Hellas'

Did you ever wonder why the Greek soldiers have the word "Hellas" on top of their flag on the left shoulder instead of Greece? Well, many of you are wondering, and many are asking me the reason. Like the Americans say, "If I had a dime for every time someone asked me that, I would be rich!" So, I am going to explain to you some of the history of my country.

Prior to being called Greece, our country used to be known as Hellas. Our country got its name from Hellen, the son of Deucalion and Pyrrha, or of Zeus. He is the mythical ancestor of the Hellenes or Greeks. Hellen was believed to be the father of the principal nations of Greece. From his sons, Aeolus and Dorus sprang the Aeolians and Dorians, and from his son Xuthus came the Achaeans and Ionians.

When we came under the Ottoman (Turkish) Empire rule, the Turkish called our people "Grecòs," which means "sinners" and therefore came the name Greece. After almost 400 years of slavery, Hellas was known as Greece all over that world. Nowadays, many people know our country with two names, Hellas and Greece. But as people with great belief in our culture and in our ancestors, we honor the name Hellas.

We respectfully recognize our country as its original name, Hellas. Therefore we are Hellenic Soldiers, much like U.S. Soldiers are known as American Soldiers.

So the next time you run into what you normally would call a "Greek" soldier, now you will know why our uniform proudly displays Hellas instead. We understand that this is what Americans have been taught in history classes since they were young children, and we take no offense. We relish in our partnerships in many of the past battles with the United States, and we look forward to working alongside U.S. Soldiers in the future.

It is because of this mutual respect and admiration that we share with you a little piece of our history, so that you can recognize what we, the citizens and soldiers of Hellas, recognize as our beloved country's name. We, like most citizens, are very proud of our roots and our name.

So, if in the future you see or read in the magazine that we are "Hellenic" soldiers from "Hellas," now you too will understand our rich history.

Thank you for your interest in sharing in the knowledge of Hellas! 🇬🇷

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# Guardian

Produced for Personnel of KFOR Multi-National Brigade (East)

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# Quicktime



PHOTO BY SGT. GREIG DAHLKE

Staff Sgt. Teague Bode, 734th Explosive Ordnance Disposal, shows examples of unexploded ordnance commonly found in Kosovo to Boss Lift guests.

## Bondsteel, Monteith Host Ohio Boss Lift Event

Soldiers from Camps Bondsteel and Monteith played host to some American civilians Dec. 18 to Dec. 20 during the Ohio Boss Lift.

The boss lift recognizes employers and other supporters of deployed Soldiers' states by bringing them to witness the work being done in Kosovo.

Approximately 40 civilians toured both camps, went on foot patrols,

learned about unexploded ordnance, and even flew with task force helicopters to get a bird's-eye view of the environment of Kosovo.

"We provided a brief class on unexploded ordnance (UXO) awareness, the different kinds of UXOs we've found here in Kosovo, the different land mines that we have been trained on, and we also did a demonstration of a detona-

tion," said Staff Sgt. Teague Bode, team leader, 734th Explosive Ordnance Disposal.

"It (the boss lift) helps give employers an idea of what their employee is doing when they're deployed with the Guard and Reserves, and to see how they operate outside their jobs," said Bode. "Everybody seemed very pleased with it."

### Hearing Tests Available

Task Force Medical Falcon is providing audiometric testing for Soldiers that are enrolled in the Hearing Conservation Program at the Camp Bondsteel Hospital. The test, required mostly for Soldiers from Task Force Phoenix, is available for all Soldiers.

Appointments can be scheduled by calling Sgt. Chad Baures at DSN 781-4721.

### Troop Support Website

The U.S. Defense Department launched a "support our troops" program. The "America Supports You" effort is meant to help the Pentagon find all the grass roots troop support programs so they can communicate them to American forces serving overseas.

The campaign revolves around a website, [www.AmericaSupportsYou.mil](http://www.AmericaSupportsYou.mil), where people can log their efforts.



## Ukrainian Armed Forces Day



PHOTO BY SGT. STEPHEN GROVES

The Ukrainian color guard presents a salute while marching in front of the formation of soldiers during the awards ceremony.

Ukrainian soldiers celebrated Ukrainian Armed Forces Day on Dec. 6 at Camp Breza near Brezovica, signaling the 13th anniversary of the creation of their armed forces. As part of this celebration, NATO medals were awarded to the soldiers who supported the multinational peacekeeping mission in Kosovo.

Besides Kosovo, Ukraine contributes its forces in troubled areas such as Iraq, Angola, Liberia, Eastern Timor, Congo, Moldova, and Sierra-Leone, said Ukrainian Army Lt. Col. Serhgiy Karnaushenko, Ukrainian national contingent commander. More than 16,000 Ukrainian military service members have taken part in these campaigns, he said.

"We are a young force, because we have had just 13 years, but we provide many missions," said Ukrainian Army Maj. Roman Vorobei, deputy chief of staff for the POLUKR BAT, a KFOR unit comprised of Polish, Ukrainian and Lithuanian soldiers. "We want all people of the world to know about the Ukrainian Armed Forces." He also mentioned that for many of the soldiers, this has been their fourth or fifth NATO mission.

"We provide peace here for all the people in Kosovo, and we do a very good job," said Vorobei. "For example, I know

about this because this is my third time here; I saw how it was before, and now I see very big progress."

Karnaushenko paid homage to the many brave warriors that preceded the current force. Then he defined the part his force plays in the local and international affairs of this day.

"Today, the service in Ukrainian Armed Forces may be literally considered a permanent, everyday demonstration of courage and firmness in the face of numerous difficulties and troubles," said Karnaushenko.

Brig. Gen. Tod Carmony, Multi-National Brigade (East) commander, praised the Ukraine for establishing an efficient and independent armed forces in a relatively short period of time.

"As Americans, we strongly support your celebration of your armed forces and the independence those forces preserve," said Carmony. "Like the Ukrainian people, independence is a principle that American Soldiers and all Americans hold in high regard."

For the efforts of promoting a peaceful and secure environment when duty has called, the NATO medals they earned further secure the position of the Ukrainian Armed Forces, not only in the Balkans, but also in world history.





PHOTO BY SGT. STEPHEN GROVES



PHOTO BY SGT. STEPHEN GROVES

(Above) Brig. Gen. Tod Carmony shakes hands with Ukrainian Army 1st Lt. Ihor Konechnij after being awarded the NATO medal, which all the Ukrainian soldiers received that day.

(Left) Ukrainians from the Polish-Ukrainian Battalion stand in formation during the awards ceremony held on the Ukrainian Armed Forces Day.

## The season for generosity

*There are a wide variety of ways to give to those less fortunate here in Kosovo this winter.*

New toys, such as those available at the PX, are great for donating to the needy.



PHOTO BY SPC. ADAM DIELSCHNEIDER

Helping others feels good. Ask anyone who has volunteered their time to help the homeless back in the States, has contributed to a food drive, or has sent an anonymous gift to someone experiencing hard times.

But spending Christmas thousands

of miles away from home doesn't mean that the holiday tradition of giving has to stop; the fact is there are still many needy people right outside our gates.

These needs are particularly evident this time of year. And what may be normal for us—a warm, comfort-

able home, good food, piles of presents under a decorated Christmas tree—is only a dream for others, both here and at home.

However, don't assume that there's nothing you can do to bridge this gap this holiday season; there are literally dozens of ways that you can extend your generosity to those in need this holiday season.

Our friends here in Kosovo that may be in need could use the same basic things that the poor in the United States do. If you have a civilian coat that you don't need anymore but is still in good shape, think about donating it to someone who would otherwise be left shivering in the cold this winter.

Have a lot of non-perishable food items that you may never be able to eat in the time we spend here? Maybe your Aunt Mable sent you boxes and boxes of macaroni and cheese, and you just don't know what you're going to do with it all before we leave here. Instead of tossing it in the dumpster, pass it on to someone who would truly appreciate a good meal.

Other things that you get in care packages from all those obscure, yet

See CHARITY, page 23

### Saving lives through generous giving

Not every family in Kosovo can afford to pay for expensive medical procedures, even if it threatens the life of their child. Though KFOR is not permitted to give medical care to every civilian that asks for it, in some cases, such as when the life of the person is at risk, we are allowed to help.

This has been the case with two 2-year-old children, a boy named Blendi Hoxja and a girl named Mirjeta Jashari, both of whom had been diagnosed with cancer of the eye. At separate times in the rotation, they came to KFOR personnel seeking help. Thanks to the generous donations from peo-

ple all over KFOR, young Blendi is expected to make a full recovery from surgery that was performed in Germany.

Mirjeta is in the process of being transported to Paris, France, to undergo surgery. The operation isn't cheap—it will cost about €29,000. But with the help of a new fund called the Angel Fund, this little girl has a chance of living a normal life.

The people at Task Force Medical Falcon and the chaplains set up this fund. Donations can be made in the form of cash—ask your chaplain for more information.





PHOTO BY SPC. IAN BLAKE

## Stay fit and healthy all winter long

*During the season of heavy eating and cold, dark days, staying fit and healthy can be a true challenge.*

One way to stay motivated this winter is to find a work-out buddy who can hold you to your commitment to stay in shape.

As most of us know (or are finding out), getting fat is awfully easy. Chow is plentiful, mostly tasty, and available 24x7. Given proper levels of motivation (or lack thereof) it can be really easy to slip into a mode that has you consuming more calories than you burn, a situation that not only impacts your health but can put a solid black eye on any military career.

Now that winter and the holiday season are upon us, we have the complications of cold, wet weather, festive over-eating, and even depression to add to the mix, none of which are conducive to keeping any of us away from the ice cream bar, or an uncomfortable reacquaintance with the Army's weight control regulations.

For those of us that have chosen the "fit" path, the dark and cold of winter often threatens to sap the energy out of our workouts and put an untimely cap to the fitness gains we'd been enjoying during the summer and fall months. For those that are late getting into motion, trying to get fit during the winter can be an almost insurmountable challenge.

Whether you're looking for a way to reinvigorate a stalled workout plan, or just looking for a reason to push away

from the table, one of the best things you can do is find a battle buddy.

Sure it's easy to work out alone. Most of us do it all the time. Schedules conflict, workout methods differ and trying to find someone to run with when it's wet and cold outside can turn into an exercise in getting laughed at. But simply put – nothing motivates better or makes the miles fly by faster than simply having a partner.

Sure, part of the cost of buddying up is losing control of some of your workout. Good workout partners make us push the envelope a little. They make us compete when all we really want to do is just log a few miles at a casual pace and call it good. At the very least, they can be the difference between making a workout and skipping one. Nothing motivates better than knowing your partner is going to dog you out for leaving them high and dry when it's time to hit the gym.

Another great way to kick start things is to add some variety. Let's face it, the scenery can get to be a bit dull in the winter, and being stuck inside the wire for our workouts is anything but motivating. To add variety you really don't have to look far. Start simple – if you're a gym-rat, used to treadmills,

headphones and lifting weights, try getting outside now and then. Sure it's cold – but that's part of the fun! Find a buddy (there are sicko winter runners all over the place) and plan a weekly elements run.

For those of us at Bondsteel, a great choice is hooking up with someone that likes to run the perimeter and having them take you on a mud-filled, hill-laced jog around post. Nothing tells you if your current workout is taking care of business better than how you feel after climbing up the teeth of some of the more infamous hills around post. Just pace yourself, dress warm, and don't cry at the base of "Radar Hill."

If you're already a runner it's always good to step away from the grindstone from time to time. Wintertime running often means treadmill running. At best it's boring, and at worst it can promote repetitive motion injuries like tendonitis. Also, time spent staring at a distant point and waiting for it to get closer doesn't work the entire body and does little for your agility or fine motor skills.

For runners, hooking up with their gym-rat buddies for some targeted weight lifting or team sports can be a

*See HEALTH, page 23*

## Listen to the sound of the future

*With an MP3 player, you can carry your whole music collection in one small device.*

Thanks to the compact size of most models, MP3 players work well for the Soldier on the go.



PHOTO BY SPC. ADAM DIELSCHNEIDER

MP3 player usage has grown substantially over the past five years, and if you don't have one yet I hope I can help you make an educated purchasing decision. The MP3 format is a form of compression technology that drastically reduces the size of audio files. This means that the audio CDs you brought from home or purchased at the PX can be condensed onto an MP3 player you can take with you.

For us here in Kosovo, the advantage of an MP3 player is portability. With some models you can keep 10,000 songs in your pocket. This means no more dragging CDs around. Basically, if keeping all your music with you during a deployment means something to you, you might want to look into getting a player. Granted the larger the players are, the more expensive they are. It also gives you the ability to exercise to your music. The only place where you can wear headphones is on the gym treadmills or maybe the track, but if it helps your PT it might be worth it to have an MP3 player.

MP3 players are based on three types of memory: Flash Drives, Mini Drives and 2.5 inch drives. This determines both the physical size of the player and storage capacity. Flash drives are very tiny and the easiest to run with, but they only store a few albums of music (more than enough to have a nice running collection). Mini Drive models are usually the size of a business card but

much thicker. They tend to be a bit on the pricey side, but they can hold gigabytes (GB) of music, which means you can run with about 1,000 songs.

Full-size players based on 2.5 inch drives can hold up to 60 GB of music. That's a lot of music. They can store photos, record voice files and store files from your computer. You'll want an armband or wristband to run with one.

I'd be remiss to not detail the Apple iPod. Depending on whose statistics you look at, the iPod holds 60 to 85 percent of the market.

Although Apple is best known for their computers, they've pretty much dominated the MP3 player market. This is due not only to the fashion fad, but also their innovative player controls.

The iPod has a control wheel that gives you a great way to navigate your music quickly. This becomes very important when you have thousands of songs. Spinning the iPod wheel is much more efficient than clicking a button every time you want to find that one song you want to hear.

On top of that, the iTunes program that runs on your PC makes playing your music easy, especially when you want to update the player. Most player manufacturers rely on other software to connect your music via the PC. The iPod works on both Windows and Mac OS-based machines. However, you can expect to pay a premium for the convenience that Apple offers.

nience that Apple offers.

Other companies worth mentioning are Rio, Creative, Virgin Electronics, iRiver, and Archos. Rio, Creative and iRiver have been putting out MP3 players for some time and have some better features than the iPod. Many of these players can play Microsoft's Windows Media format (WMA), which the iPod cannot. Some also have better battery life and FM tuners. Archos is pushing the envelope with players that can play video.

Most players can also function as file storage. If you want to carry important files around or photos from your digital camera, a player can have multiple uses.

Overall, purchasing an MP3 player can be simplified by determining how much music or how many files you want to tote around; use that to guide your decision.

If you are looking just to run with a couple of albums, a flash-drive player might fit the bill. If you like the idea of carrying all your tunes and a whole bunch of photos, then look at the bigger models. Or compromise on the middle ground with mini players, but expect to pay more. No matter what your choice is, it still beats carrying around a bunch of CDs or tapes. ❖



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## What Makes the Army: Soldiers



PHOTO BY SGT. 1ST CLASS BILL BROCKBERG

*Many people join the Army, but only a select few choose to endure Army Ranger school. Staff Sgt. David Brigman did just that, then went on to become a medic for the National Guard, but what sets him apart from others is his commitment to his job and his positive philosophy about working well with others.*

### Why did you join the Army?

I joined the Army mostly for the adventure, challenges, and the excitement. After that I stayed in because I liked the job. I like working with the other Soldiers, I like the mentality, I like the discipline and I like the fact that you get to travel all over the world. Not only that, but we get to see it in a way that other people don't get to experience, because we're not tourists, we actually become some sort of entity inside of where you are stationed.

### Have you always been National Guard or did you spend some time in the Active component as well?

I spent my first enlistment in the National Guard. As soon as I finished my initial contract, I went active duty. I did seven years in active duty, and then I came back into the guard.

### What made you decide to go to Ranger school?

In airborne units, when you hit E-4, E-5, you're expected to take your shot at Ranger school. When my shot came up I was eager to go and see what it was all about. They say that it opens up doors in the military for you and it has. It was a great career move. To be honest with you, the time there at the time sure was miserable, but when I reflect on it I just think "wow, that was really cool." I still stay in touch with some

of the people that were in my squad at Ranger school. They have gone on to do other things as well and it's pretty neat to have that experience.

### Why did you become a medic?

For several reasons actually. One is because there is a lot less training, believe it or not. This is because as a medic you're actually out there doing your job. Whether you're covering a range, working in the TMC (troop medical clinic) or at drill treating Sol-

lot of clumsy people.

### What is a day in the life of Staff Sgt. Brigman like here in Kosovo?

Well, I work as a line medic. I go out with the patrols doing whatever they do. Part of why they bring a medic isn't just in case someone gets hurt, but also because Soldiers are more comfortable doing things that may be a little risky when they have a medic present. Soldiers know that they can push themselves a little more and that they can take calculated, well-thought risks when a medic is around because they know they will be able to be treated and evacuated in a timely manner because that's what Army medics do, preserve the force.

So, on some days we'll go out to OPs (observation posts), or on patrols on foot or in a vehicle. The only difference is our bag is full of things to help them. A Soldier's bag is pretty much full of things for themselves, whereas our bags are full of things for everyone else.

Back here at Monteith, I get classes at the TMC from the physician's assistant (PA) because we work directly for the PA.

Then in the evening the knocks on our door will start from Soldiers. "Hey Doc, I got a sore throat." "Doc I got

*See BRIGMAN, page 22*

Full Name: David J. Brigman  
DOB: May 28, 1970  
MOS: 91W, Army Healthcare Specialist  
Hobbies: Sailing, Fishing, Diving, Wood-working  
College: College of Charleston  
Hometown: Charleston, SC  
Unit: Company C, 1-118th Infantry  
Rank: E-6, Staff Sergeant

diers who come in not feeling so great in the mornings, you get to do more of what you do and less time training on CTT (common task training) and things like that.

Another reason is because I figured it is all great information to know. Someday I'm going to sail off in a boat and be in the middle of the ocean; it'll be nice to have some real good medical training in that situation because I hang out with a



# Tightening the 'Noose'

*Story by Sgt. Benjamin Hokkanen*

Integrating with another nation's military elements can, at first, seem like a daunting task. There is the language barrier, different methods of doing things, and all the little intricacies each nation breeds into their troops. Getting past these differences is absolutely necessary for a mission to be successful.

Soldiers from Task Force Lancer did just that. Troop C, 2-107th Cavalry spent three days living

*Continued on page 14*



Pfc. Wesley Woodall, C Troop, 2-107th Cavalry, pulls security near the Former Yugoslav Republic of Macedonia border.

PHOTO BY SGT. BENJAMIN HOKKANEN









PHOTO BY SGT. BENJAMIN HOKKANEN

*Continued from page 12*

and working with members of a French marine airborne unit up in the mountains along the Kosovo and Former Yugoslavian Republic of Macedonia (FYROM) border. The mission was to assimilate into the French KTM's battalion to act as a reserve force to interdict any smuggling activities, said 1st Lt. Michael Wood, Troop C, 2-107th Cavalry.

While out in the mountains, the Soldiers performed several tasks: mounted and dismounted patrols, vehicle checkpoints (VCPs), and a cordon and search. Working with the French on these missions was a new experience for Troop C, 2-107th Cavalry both because it is a new area of responsibility (AOR), and because it was the unit's first time working with the French.

"All of us were antsy about working with the French since we hadn't done it before. I can tell you that we all feel a whole lot better about it now though," said Sgt. 1st Class Michael Burrell, Troop C, 2-107th Cavalry. "The French were very professional. The guys we worked with are from a French airborne marine unit, and they are very squared away.

"The only differences that I have noticed are in the terminology for things. They use 'coy' instead of 'company' and a few things like that. Their operation orders are similar to ours, also. The briefings take a little bit longer, but that's just when we are trying to get everything translated."

Despite any differences, the French and American Soldiers quickly got the hang of working together, said Wood.

"Once the wheels of the operation started turning, it

(Above) Humvees line up under the light of sunrise during the operation. (Below) Soldiers from Troop C, 2-107th Cavalry inspect a barn for illegal contraband during the operation.



PHOTO BY STAFF SGT. TOMAS ROFKAHR





PHOTO BY STAFF SGT. TOMAS ROFKAHR

(Above) Spc. Robert Moffitt and Spc. Lee Martin, both from Troop C, 2-107th Cavalry investigate an abandoned bunker in the hills near the FYROM border. (Below) A Soldier from Troop C, 2-107th Cavalry climbs a ladder to inspect a barn for contraband.

is surprising how easily the coordination happens and how similar things run at ground level,” said Wood. “All the soldiers involved, regardless of nationality, seemed to enjoy and learn from the experience. When they first got together it was kind of entertaining, because they polarized like teens at their first dance - Americans on this wall, French on that wall. Then, eventually, they began to interact and you could see that they got along and enjoyed the challenge of trying to understand each other in various ways like hand signals and drawing in the dirt, all the while looking around impatiently thinking, ‘where the hell is that linguist!’

“Another point that has been reinforced with me is how important communication is on the ground. If you don’t have it, you may as well just post ‘Welcome’ signs on the smuggling routes, because you’ll no longer have the ability to maneuver your forces or gain intelligence from the field. Amazingly, there was little communication gap between units, as one may expect from this type of multi-national mission. Due to the KTM leadership’s proficiency with English, our biggest commo problems were the typical ‘terrain/technology’ issues.”

One of the highlights for Burrell’s squad was the discovery of some bunker and trench systems while out on a patrol up in the hills, said Spc. Robert Moffitt, Troop C, 2-107th Cavalry. The Soldiers were out scouting the area for the French when they ascertained the method in which a couple of bunkers up along the border were marked. To help the French soldiers, Burrell’s squad photographed and put together an outline of the area for future missions.

*See NOOSE, page 22*



PHOTO BY STAFF SGT. TOMAS ROFKAHR



PHOTO BY STAFF SGT. TOMAS ROFKAHR





PHOTO BY SPC. ADAM DIELSCHNEIDER

(Left) Staff Sgt. William Langham and Col. Marcus Carr, both from TF Medical Falcon, rush a casualty into the Camp Bondsteel hospital. (Above) Firefighters help a roleplayer, a Soldier from Troop B, 2-107th Cavalry, onto a stretcher just moments after evacuating him from the "burning" theater.

# Drill Shakes Up Camp Bondsteel

*Story by Spc. Ian Blake*

It seemed like an ordinary day on Camp Bondsteel. Everyone was going about their normal duties under the haze of a mid-week gray sky. Without any warning there came a loud explosion from near the movie theater. Anyone who looked towards it saw a towering spiral of flame burning in the adjacent parking lot. Screams of pain could be heard from the theater as emergency vehicles raced to the scene.

When the firefighters arrived, one extinguished the pyre that had been a deserted orange van, and the others went to rescue the people trapped inside the theater. The firefighters charged through the front doors into the smoke-filled building to evacuate the casualties. And while all this was happening, the sound of mortar fire filled the air.

This was a mass casualty exercise, a simulation of a mortar attack coordi-

nated through the Camp Bondsteel Fire Department, Task Force Falcon G3, and Task Forces Protector and Medical Falcon.

"The exercise allowed us to interact with all the agencies on base," said John Stanescu, fire chief of the Camp Bondsteel Fire Department. "It gave our people a chance to treat mass casualties."

The central event of the exercise was a simulated attack at the Camp Bondsteel theater, added Stanescu. The scene was set with volunteers who were bussed over to portray attack victims, having already been done up in realistic moulage—special makeup that is used to replicate wounds and blood. They would wait inside the theater, which had been filled completely with training smoke. All the pieces were in place for the real fun to begin.

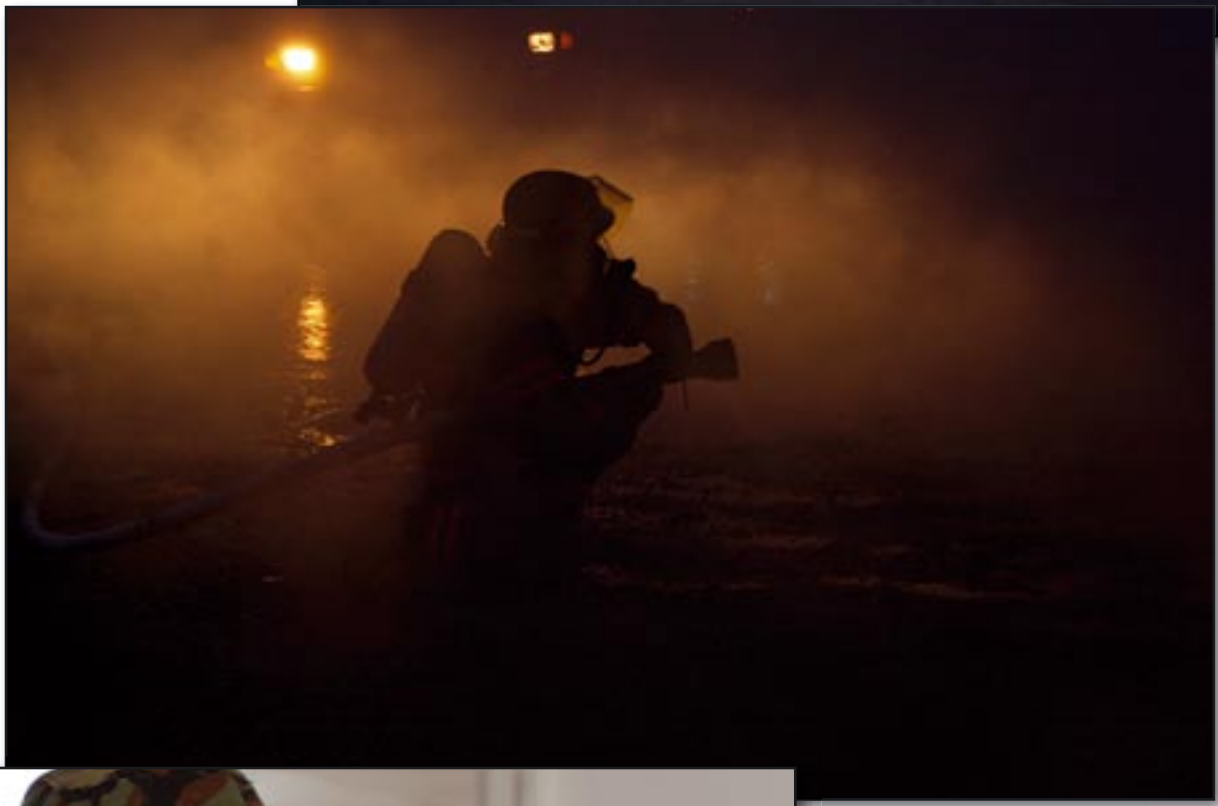
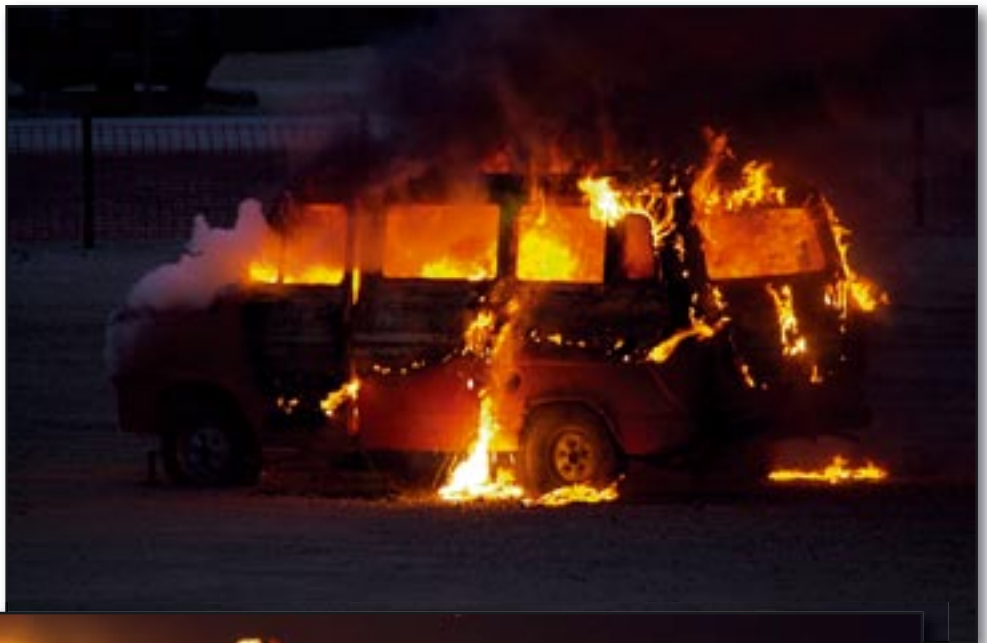
At the same time, another main point

of the exercise—an abandoned van—was set into action. "The van was actually one of the burn vehicles we normally use for simulations. We simply filled it with hay and threw a lit torch into it," said Mark Wampler, assistant fire chief, Camp Bondsteel Fire Department. "It created a focal point for our firefighters to work with."

The first group to arrive at the theater was a group from the 35th Military Police Company, TF Protector. They erected a roadblock at both ends of the road passing the theater, allowing only the emergency vehicles through.

Second to arrive were several fire trucks, said Wampler, which at once split between extinguishing the burning van and rescuing the people inside the theater. With massive jets of water from their main hose, the truck made short work of the van fire.

(Right) An old van burns in the empty parking lot near Camp Bondsteel's movie theater. (Below) A firefighter prepares to spray water on the burning van during the exercise. (Bottom) Staff Sgt. William Langham from TF Medical Falcon helps bring one of the casualty roleplayers, Spc. Lora Turner, 433rd Personnel Services Battalion, into the Camp Bondsteel hospital during the exercise.



PHOTOS TOP AND CENTER BY SGT. STEPHEN GROVES



PHOTO BY STAFF SGT. JEFFREY DURAN

Those firefighters who went to the theater's front prepared to enter the "burning" building. As Wampler described, the process the firefighters went through was completely real. "They unrolled their hoses, donned their air tanks and breathing masks, treating everything up to going in the door as real as possible." By the time they burst through the metal doors, the air was choked with smoke.

"We had used a smoke machine to fill the theater, and we used orange traffic cones to represent the fires," said Stanescu. When they managed to find the injured and "douse" the mock flames, they at once began to extract the victims





PHOTO BY SPC. ADAM DIELSCHNEIDER

(Left) Firefighters tend to one of the more heavily "injured" roleplayers, 1st Lt. Anthony Chenault, Headquarters and Headquarters Company, at the scene of the accident. (Lower Left) 1st Lt. Anthony Chenault is rushed into the Camp Bondsteel by Capt. Gary Stone from TF Medical Falcon. (Below) 1st Lt. Gerald Grass, a nurse from TF Medical Falcon, treats the simulated injuries of 1st Lt. Anthony Chenault.



PHOTO BY STAFF SGT. TOMAS ROFKAHR

from the theater.

The victims were taken outdoors to receive medical treatment from the recently arrived medics. "We coordinated the casualties' triage with the technicians from Brown and Root services with our own personnel," said Col. Marcus Carr, deputy commander Clinical Services, TF Medical Falcon, one of the medical officers involved with the exercise.

The scope of their "injuries" ranged from lacerations to the face, to more serious injuries to the legs, back, and neck. Their conditions, attributed to them from the start, also determined what kind of character they were to conduct themselves in.

With the perimeter secured and roadblocks in place, the medics began to evacuate the casualties to the Camp Bondsteel hospital. Loading the least wounded victims into one of the fire trucks, they began the evacuation. Those that required stretchers were strapped on and taken by ambulance. Once the casualties were removed from the scene, the firefighters and military police gathered up their equipment and conducted an after action report. For them, the exercise was over.

But for the staff at the hospital, the exercise was not over. With the arrival of the first fire truck carrying the least wounded, the technicians at once per-

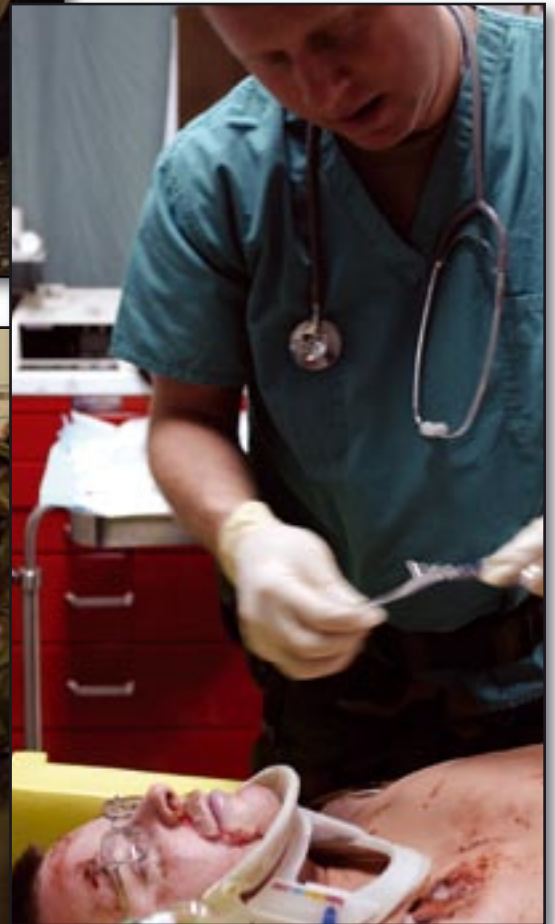


PHOTO BY STAFF SGT. JEFFREY DURAN

formed their normal duties for such a situation, said Carr. He added that the staff was not stressed by the event, allowing them to treat the casualties, making way for the more seriously wounded.

"So far the hospital has had a mass casualty about every month," said Sgt. Cheryl Rollins, TF Medical Falcon. "This was the most intense and detailed yet. It provides my section and myself with the push to complete the mission as timely as possible. It helps us to keep up the pace we would need in a real live situation."

"We had three trauma teams going throughout the exercise," said Carr. "We treated it with such authenticity that our chaplain, Maj. Dan White, performed

See *CASUALTY*, page 22

# Working the Border

*Photos by Sgt. Stephen Groves  
Story by Spc. Ian Blake*

The dusty tanker truck comes to a stop in the lane marked off by the orange road pylons. Its driver climbs out of the vehicle into the December wind as several fatigue-clad figures approach the vehicle. One of them holds a clipboard and takes the driver's identification, ushering him away as a separate pair begins to check the vehicle for anything suspicious.

Once they complete their search, a brown dog on a leash is brought up to the vehicle, its black nose sniffing the truck. After completing two full circles of the vehicle and even crawling beneath the trailer, the dog finds nothing and goes back to its handler. The driver is then given back his identification and sent on his way. This truck was part of the dozens of vehicles searched by the Soldiers of Task Force Falcon and their Finnish counterparts.

Soldiers from Task Forces Protector, Lancer, and Shield, in cooperation with the Finnish contingent, conducted a weeklong vehicle control point (VCP) at the border to the Former Yugoslavian Republic of Macedonia (FYROM) to stem the flow of smuggled goods out of Kosovo.

Consisting of a platoon-sized element performing inspections during a weeklong period, the Soldiers cooperated with their counterparts and accomplished their mission.

"It is very interesting working with the Americans," said Staff Sgt. Tero Rissanen, Company A of the Finnish contingent. "We've had no problems working with them."

This level of cooperation was not limited to simply the Soldiers and their Finnish counterparts. The two dogs that were brought to the VCP also helped to search the vehicles.

"We get along great with them," said Staff Sgt. James Nix, Company C, 1-118 Infantry, TF Shield referring to the Finnish soldiers. "It helps that they speak English well."

During the weeklong VCP at the FYROM border, the Soldiers did not find anything suspicious. The vehicles searched—mainly cargo trucks, and the occasional privately owned vehicle—added to the over 3,000 vehicles TF Protector has searched over the course of this rotation, said Heck.

"Overall, the VCP was a success," said Sgt. 1st Class Tony Burr, operations sergeant, 35th Military Police Company, "We searched over 1500 vehicles over the course of the operation."

On the second to last day of the operation, a particularly

*See BORDER, page 23*

(Upper Right) While searching a vehicle, Staff Sgt. Tero Rissanen, Company A, Finnish Army, has his dog, Sgt. Renu, sniff the gas tank. (Lower right) Staff Sgt. Earl Heck 35th Military Police Company, Task Force Protector, searches a vehicle at a vehicle control point.







Looking over the cab of a trailer truck, Spc. Kenneth Millwood, Company C, 1-118th Infantry, Task Force Shield, searches for anything suspicious.

a headache, do you got anything for it?" "Doc I twisted my ankle, can you wrap it for me." Things like that are what troops come and see me for in the evenings because they didn't go get it taken care of during the day. Of course, if it's severe enough we tell them to go straight over to the TMC.

**With all the different things you've done in your career, what has been the highlight?**

I think that the highlight isn't one thing by itself. For me, it's being able to look back and see that you had challenges in front of you, difficult ones, ones that not everyone could've overcome, and in the end you made it through them. I think being able to look back and say I have accomplished a lot of difficult things is probably the ultimate highlight, because they are challenges that not everybody's offered and not everyone has been able to do. That would probably be the biggest accomplishment in my career.

**What has been the biggest challenge you've had to overcome in the military?**

That's difficult to answer. I would say that the biggest challenge to overcome is probably when you work with somebody... You know, the Army is full of a lot of different people. For the most part, everyone is able to get along at least on a professional level.

But, every once in a while you'll get a squad leader, or if you're in a leadership position a private, or just somebody you don't blend well with, and for some reason there is a difference between the two of you. Being able to overcome that difference, to be able to at least be able to work together professionally and effectively is probably an example of some of the biggest challenges I have had to face in the military. I mean, we're faced with physical challenges and mental challenges, but we have standards set for those. The Army tells you your task, condition and standard. One of the things that isn't written a lot about is how to relate to people who you normally wouldn't have to mesh well with and be able to be an effective team. The 22-100, the Army Leadership Handbook, covers some of it in a way that has to be written, but isn't always effective. But, being able to overcome that challenge pays off in the civilian world as well. If you can get

along with people here in the stressful conditions we have in the military, you can do it in the civilian world, too.

**What does the Army do for you as a person, and how does the Army help you in your civilian life?**

It certainly has given me tact. To be a good Soldier, you have to learn tact, which helps you deal with just about everybody in the civilian world.

I was raised in the Army with "The Four C's of Leadership" – Courage, Candor, Commitment, and Competence. The entire time I've been in, I've focused on those four things. I felt if I could get those down in the military, then I would have those to use in the civilian world as well, no matter where I go. I've always tried to run my career that way. To have the courage to do whatever is required. Sometimes it takes a good bit of courage to have candor – to say what is right and what is wrong.

Candor also goes along with, if you mess something up, be the first one to say "You know what? I messed this up." If you made the mistake, admit it and do your best to fix it and ensure that it won't happen again.

Commitment, well, you have to be committed to your job. An example of that is leading Soldiers when it's time to lead and being the first person to say that the Soldiers under you have worked hard, trained hard, now they need some time off. I think that leaders should be a crap umbrella for their Soldiers. As long as you have trained your Soldiers, you should be willing to defend them and take care of them.

You have to be competent in whatever it is you do. I think with the four C's, you can't go wrong in the military or civilian world. It's almost exactly what most employers are looking for. They may not realize that's what they are looking for, but it is. That is what the military has done for me.

**What are some of the things you're going to take home with you and remember most about this deployment?**

I'm going to take home the mental photo image of some of the different things I've seen here. The smells. A picture of a Kosovo Harley in your head since you'll never see another one again on the streets

of America. The whole mental scrapbook of things that will come to mind about this place I'll be glad to remember. You know, you take a bunch of people and you put them off in the middle of somewhere else and you come up with little funny things like catchphrases. ★

## CASUALTY (Continued from Page 19)

the Last Rites for the casualties."

Those who were the casualties also noted the mission's success. "Overall, I think the exercise was extremely useful in all aspects. It boosted my confidence in all the reaction forces in case something were to occur on Camp Bondsteel," said Spc. Laycee Pittenger, promotions and awards clerk, 433rd Personnel Service Battalion—who had been one of the less injured casualties.

The same was said by the firefighters. This exercise did not prove a challenge for the firefighters, who had had to deal with two large fires earlier this rotation.

"You can never get too much training. It always gets better with the learning experiences they have," said Stanescu.

"It makes us better Soldiers and better prepared medical personnel for each exercise completed in an accurate and timely manner," added Rollins. "TFMF treats this training as real as it can possibly be so we are better prepared to complete any mission."

At night's end, order was restored to Bondsteel. Those who were "injured" walked out of the hospital as if nothing happened, with the exception of the still present moulage. The fire crews rolled up their fire hoses and headed back to the fire station. The military police pulled down their roadblocks. Once again life returned to normal on Camp Bondsteel. Well, as normal as it gets around here.

## NOOSE (Continued from Page 15)

"This mission was a success on many different levels," said Wood. "We were able to monitor the Kosovo/FYROM border for illegal border crossings and potential smugglers. We were able to successfully integrate a U.S. Cavalry Troop into a French Airborne-Marine Battalion's operations. And we brought all of our soldiers back to Camp Bondsteel with no injuries or accidents."



## CHARITY (Continued from Page 8)

very generous, organizations from back in the States could also be good for donation—soap, shampoo, and first aid supplies would all be suitable.

If you are feeling particularly generous, shell out a little cash and buy some school supplies that children may have a hard time getting a hold of before the next school year.

While you're at it, you could pick up some new hats, gloves, boots, or other warm winter clothes if you don't have some of your own to donate. If you want to make a child's holiday season truly happy this year, think about buying some toys.

Maybe these sound like good ideas to you, but there's just one problem—you're too busy and you don't have time to go to the PX to pick up some new items. That's okay, because giving plain old cash is great, too. This can either be given to a general fund, such as the ones the

chaplains have collected for the Gnjilane women's shelter and the Kamenica Red Cross to name a couple, or you can specify a town or community in which you see a particular need.

Though these are all great options for giving this holiday season, there are some things to remember before you take the Humvee straight to your favorite village and start spreading goodwill.

All donations need to be made through your chaplain or your task force S-5, which is the civil affairs representative who works closely with local non-government organizations (NGOs). We have an obligation to the people of Kosovo to not show favoritism, and handing out items on an individual basis can cause some ethnicities to be neglected. The NGOs know best how to distribute large quantities of items so as to avoid playing favorites.

However, despite having to work

with a third party to make your donation, you can still request that your gift of goods or money be given to a particular town, school, or church. When you drop off your donation at the chaplain or S-5 office, tell them that you know some people in need of supplies in your area of operations, and they will do their best to get the items to those people.

We who live in the United States are truly wealthy compared to the rest of the world, but that doesn't mean we have to keep it to ourselves. Instead of focusing on ourselves this holiday season, let's take a look around us and see what we can do for others. As is often said this time of year, "It is far better to give than to receive." ★



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## HEALTH (Continued from Page 9)

great way to improve overall fitness and get rid of the mid-winter blahs.

Having a battle buddy does more than just keep you on target. One real problem for deployed Soldiers (particularly around the holidays) can be depression. We're all away from home, away from comfortable routines and the warmth of family. When the holidays hit, they hit some of us harder than others.

It's easy to get melancholy, irritable, and tired. Serotonin levels are also notoriously low in the winter thanks to the darkness brought on by shorter days. Serotonin, a brain chemical that regulates mood, drops in the winter and leads many of us to hit the pasta and ice cream bars more than normal. Why? Both

foods are high in carbohydrates, which are serotonin boosters.

Now if you're already depressed about being away from home, worn out from long work hours, and missing workouts because you just feel too tired, then packing in a lot of extra calories from "comfort foods" is the last thing you're going to need. Surrounding yourself with other people that are positive and fitness-minded is probably the best way to help fight all of these problems.

Workout partners can be motivators, listeners, and when needed, swift-kick providers. They can help you push away from the table, chide you over poor choices at the chow hall, and ultimately, when you both succumb to steak night

and a trip to the ice cream bar, you can look at each other and lament the miles you're both going to have to cover to make up for it.

Ultimately, fitness is about choice. Whether your end goal is to lose 10 pounds, score a 300 on your next PT test, or simply find a positive way to spend your free hours, the ultimate decision to get up and get out is yours. Everyone needs help though – and finding a workout partner can be one of the best choices you make. ★



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## BORDER (Continued from Page 20)

dirty tanker truck caught the attention of Rissanen's narcotics-sniffing dog, Sgt. Renu. It was pulled to the side of the road and given a thorough inspection by both on-scene dogs and the Soldiers present. As every possible hiding place was examined, the truck's driver and owner were politely questioned by the more senior Soldiers. When nothing was found, the truck was allowed to continue.

"The dogs not only help find con-

traband," said Staff Sgt. Earl Heck, 35th Military Police Company, TF Protector, "they also make the drivers more cooperative by simply being here." He added that the dogs he works with are not only trained to sniff out explosives and narcotics, they are also trained as patrol dogs. This means that if a suspect runs off, the dogs are trained to bring them down.

Cooperative locals, coupled with the cooperation between the Soldiers of TF

Falcon and the Finnish, were the key to their success at the border. By now the Soldiers have become used to working with the forces from the other nations. The Finnish were able to work well with the Americans because of their ability to speak English well. The Americans were able to work with the Finnish because of their professionalism. It is this kind of teamwork that makes KFOR what it is today.



# Parting Shots



PHOTO BY SPC. IAN BLAKE